Concussion Headlines !!!
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- Concussion rules put kids’ health before winning games
  - *The Miami Herald*
  - 8/21/12

- FHSAA's implementation of legislation goes into effect Sunday
  - *The Gainesville Sun*
  - 6/30/12
Concussion Headlines !!!
What Is a Concussion?

- Complex process affecting the brain
  - Caused by direct blow to head/face/ or neck
  - Caused by blow to body directed toward head
- May or may not cause loss of consciousness
- Normal CT scan or MRI of brain
- Not simple or complex but simply “concussion”
- 80-90% resolve in 7 to 10 days

What Is a Concussion?

• Brain injury
  – Caused by a bump, blow, ding or jolt to the head that can change the way the brain normally works
  – Occurs from a fall or blow to body that causes the head to move quickly back and forth

www.cdc.gov/concussion/
Signs and Symptoms of a Concussion

• Difficulty thinking, concentrating, remembering new information
• Feeling “slowed down”, “in a fog”, or tired
• Headache, blurry vision, dizziness, nausea, or vomiting
• Sensitivity to noise or light or balance problems
• Irritable, sad, emotional, nervous, anxious
• Sleeping more or less than normal or trouble falling asleep

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What Causes a Concussion?

- Temporary decrease in blood flow to certain areas of the brain
- Decreased supply of “energy” to the brain......We Think

How Common are Sports Concussions?

- 1.6 to 3.8 million sports related concussions occur yearly in the US
- 250,000 visits to ED in 2009 for sports related concussions
- Girls have higher rates of concussion in similar sports
- Football - High school boys
- Soccer and basketball – High school girls

Why Do We Care?

• **Postconcussion Syndrome**
  
  – Consider if concussion symptoms persist for more than 1 to 6 weeks
  
  – Anxiety and mood changes reported by 33% of those with persistent postconcussion syndrome

Why Do We Care?

- **Second Impact Syndrome**
  - Occurs when athlete receives a second head injury before symptoms of first have resolved
  - Results in brain swelling and possibly death
  - Young athletes are most at risk
  - Prevention is for concussed athlete to be completely asymptomatic prior to return to activities
  - Ongoing debate over exact cause for this syndrome

Why Do We Care?

- **Chronic Traumatic Encephalopathy (CTE)**
  - Degenerative brain disease that occurs years after head trauma
  - Behavior changes, depression, poor memory, and speech and movement problems
  - Emerge later in life after athlete has retired
  - Shown with boxing, football, hockey, soccer
  - Still debatable but believed to be related to younger age of onset, magnitude of hits, and number of repetitive concussions

Why Do We Care?
Can We Prevent Sports Concussions?

• Helmets
  – Shown to decrease skull and facial injuries but no definitive data that they decrease concussions
• Mouthguards
  – Reduce risk of dental injuries but no evidence to suggest they decrease concussions
• Proper Technique
  – “Heads Up” or See What You Hit

Can We Prevent Concussion?

• Jury is Still Out on preventative measures...
• Appropriate management is crucial if concussion is suspected
• Sideline Management - Janie